



33 Pettit Place, Cassadaga, NY 14718 ~ 914-466-9214 ~ E-Mail: CoachMarkWilson@gmail.com ~ CoachMarkWilson.com

### **Occupation**

Race Director/Co-Owner/Founder - Wilson Endurance Sports (2017 - Present)  
Founder - Southern Tier Triathlon Club (Est. 2017)  
Race Director-HITS Endurance (2011-2015)  
Founder/President-Hudson Valley Triathlon Club (Est. 2000)  
Professional Triathlon Coach (Est. 1999)

### **Professional Coaching Experience**

Braveheart Triathlon Camp-San Diego, CA 2016  
Triathlon Camps-Bearsville, NY; Bend, OR; Burlington, VT; Cheshire, CT; Clermont, FL; Kailua-Kona, HI;  
Killington, VT; Hunter & Lake George, NY; Lake Havasu City, AZ; Lake Placid, NY; Middlebury, VT; Palm Springs,  
CA; Ocala, FL; Raleigh, NC; Lake Havasu City & Tucson, AZ; Napa Valley & Palm Springs, CA; Marble Falls, TX  
Mohonk Resort Mini-Triathlon Clinic; New Paltz, NY  
USAT Northeast Multisport Expo Swim Clinics at MIT-Cambridge, MA  
Vassar College Triathlon Clinic-Poughkeepsie, NY  
Total Immersion Swimming (Director of Triathlon Camps)-New Paltz, NY  
USAT Level I Coach Certification Swim Clinic-Weston, MA  
Endless Pools Expo Swim Coach-Madison, WI & Kailua-Kona, HI  
Pose Method of Running Clinic w/ Dr. Nicholas Romanov-Miami, FL

### **Coaching Honors**

Ironman Triathlon World Championship  
Ironman 70.3 World Championship  
ITU Olympic Triathlon World Championship  
ITU Sprint Triathlon World Championship  
ITU Duathlon World Championship  
Hudson Valley Magazine-2008 Triathlon Coach of the Year  
Escape From Alcatraz  
Lifetime Fitness National Championship  
USAT Age-Group All-Americans  
Empire State Games; Cycling (Silver/Bronze Medals)  
ITU World Championship Qualifier-Athena Champion  
USAT Ironman National Championship-Athena Champion  
Boston Marathon Qualifiers/Finishers

### **Race Experience/Honors**

Ironman 70.3 World Championship Finisher  
8-Time Finisher Ironman USA Lake Placid, NY (10:59:40 P.R.)  
Ironman Copenhagen, Denmark Finisher  
HITS Full Distance, Kingston, NY Finisher  
8-Time Finisher S.O.S. (Survival of the Shawangunks)  
Escape From Alcatraz Qualifier-Westchester Triathlon  
Qualifier Duathlon World Championships  
10-Time USAT All-American

### **Education**

USAT Certified Race Director-Colorado Springs, CO  
Serotta Bike Fit Technician-Saratoga Springs, NY  
Joe Friel Coaches Symposium-Boulder, CO  
USAT Level II Certified Coach-Clermont, FL  
Pose Method of Running Levels I & II Certified Coach-Miami, FL  
USAT Level I Certified Coach-Chicago, IL  
BS Music Education/Voice-SUNY Fredonia



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### **Race PR's**

Sprint: 1:05:38 Cayuga Lake, NY  
Olympic: 2:03:41 Westchester Triathlon  
Half Iron: 4:36:13 Tupper Lake Tinman  
Full Iron: 10:59:40 Lake Placid, NY

1 mile: 5:03 Brooklyn, NY  
5k: 17:36 Woodstock, NY  
10k: 37:18 Kingston, NY  
15k: 56:58 Woodstock, NY  
Half Marathon: 1:23:45 Saugerties, NY  
Marathon: 3:19:24 Massachusetts  
50k: 4:23:13 Staatsburg, NY